

# SECTOR NEW YORK AUXILIARY DRY SUIT PQS



NAME: \_\_\_\_\_

## Don the Boat Crew Dry Suit

**Reference** a. *Rescue and Survival Systems Manual, COMDTINST M10470.1 (series) Chapter 3*

**Prerequisite** Watch Hypothermia video

**Conditions** Task should be performed at any time, at facilities available to the unit.  
(Task accomplishments are to be signed off by Sector New York's Auxiliary liaison office personnel).

**Standards** In response to the instructor, the trainee shall, without error, don a boat crew dry suit.

Performance Criteria		Initials
1.	State the proper thermal protective layers to be worn under the boat crew dry suit.	
<b>*WARNING* Cotton undergarments are not authorized.</b>		
2.	Demonstrate proper donning of the boat crew dry suit and adjust for proper fit. Demonstrate proper donning of required neoprene hood.	
3.	State the requirements for when a boat crew dry suit is to be worn.	
4.	State the proper method for inspecting neck and wrist seals as well as general boat crew dry suit condition. Describe proper methods for sizing neck and wrist seals. State problems that would make a boat crew dry suit unserviceable.	
5.	State requirements and proper methods for maintenance and stowage of the boat crew dry suit.	

**Instructor** \_\_\_\_\_ **Date** \_\_\_\_\_

**Comments** \_\_\_\_\_

\_\_\_\_\_

---

# Open Water Survival Skills

---

## References

- a. *Boat Crew Seamanship Manual*, COMDTINST M16114.5 (series), *Chapter 6*
  - b. *Rescue and Survival Systems Manual*, COMDTINST M10470 (series), *Chapter 3*
  - c. *Team Coordination Training*, COMDTINST1514.1 (series)
- 

## Conditions

Task should be performed at any time, at facilities available to the unit.

(Task accomplishments are to be signed off by Sector New York's Auxiliary liaison office personnel).

---

## Standards

In response to the instructor, the trainee shall explain risk-based decisions associated with open water survival skills.

Performance Criteria		Initials
1.	Explain the benefits associated with the different levels of hypothermia protective garments and how they relate to Tables 3-1 and 3-2 of the <i>Rescue and Survival Manual</i> .	
2.	Explain the factors that accelerate the onset of hypothermia.	
3.	Describe the preventive measures that can be used to increase the chances for successful open water survival including methods of tethering.	
4.	Explain the benefits for getting your body out of the water as much as possible in open water survival situations.	
5.	Explain risk-based decisions associated with swimming in open water survival situations.	
6.	Describe the method for: a. Climbing onto an overturned boat hull. b. Boarding a boat from the water. c. Boarding a life raft.	

Instructor \_\_\_\_\_ Date \_\_\_\_\_

Comments \_\_\_\_\_

---

---

# Perform Water Survival Exercise

---

- Reference**
- a. *Boat Crew Seamanship Manual*, COMDTINST M16114.5 (Series)
  - b. *Rescue and Survival Systems Manual*, COMDTINST M104040.10 (Series), *Table 3-1*
- 

**Conditions** This exercise shall be completed by entering water from a height of approximately 3 feet above the surface or from the level of the boat's main deck. Trainee shall wear flotation, hypothermia protective garments and survival equipment consistent with the coldest weather and water temperature experienced at the unit. If this task is completed near a boat or unit docks, ensure the area is free of any dangers (i.e. debris, snags, shoals, excess currents, or biological hazards). An immediate means of response must be available to assist any member that develops trouble during the completion of this task. Trainee shall accomplish task without prompting or use of a reference.

(Task accomplishments are to be signed off by Sector New York's Auxiliary liaison office personnel).

---

**Standards** In response to the instructor, the trainee shall, without error, complete all steps of the water survival exercise.

Performance Criteria		Initials
1.	Don flotation, hypothermia protective garments and survival equipment, and adjust for proper fit. Personnel wearing dry suits shall don the required neoprene hood after entering the water.	
2.	Enter the water from a height of approximately 3 feet or from the level of the boat's main deck. <ul style="list-style-type: none"><li>a. Check surrounding water for debris and depth.</li><li>b. Look straight ahead when entering water, but maintain awareness of surroundings (i.e. boat movement, wave action, currents).</li><li>c. Maintain vertical position (body erect) upon entry into water.</li><li>d. Minimize initial immersion by spreading arms and applying a scissors kick upon entry.</li></ul>	
3.	Adjust flotation, hypothermia protective garments and survival equipment to reduce water intrusion, heat loss, and to improve mobility and buoyancy.	
4.	Swim 100 yards using an energy conserving stroke or movement.	
<b>NOTE:</b> The preferred swim stroke is the resting backstroke		
5.	Demonstrate the Heat Escape Lessening Position (HELP) for a single person in the water.	
6.	Tether to other survivors and demonstrate the HELP for multiple survivors.	
7.	Access and demonstrate the use of required signaling equipment:	

**Instructor** \_\_\_\_\_ **Date** \_\_\_\_\_

**Comments** \_\_\_\_\_